

# National Falls Prevention Awareness Week

## Awareness to Action!

Join us! September 19th, 12:30-5:00pm

Senior Center: 235 E Holding Ave. Wake Forest

- Engage in falls prevention screenings and exercise classes
- Gain insights from presentations by subject matter experts covering the "6 Steps to prevent a fall"
- Explore offerings from 30 vendors dedicated to falls prevention advocacy
- Enjoy refreshments courtesy of Brookdale Senior Living
- Be inspired by testimonials, videos, and much more

**ALL FREE to the public!**



Hosted by Resources for Seniors,  
Northern and Eastern Wake Senior  
Centers, and Prosper PT & Wellness



**Falls Prevention  
Is A Team Effort**